



**Family Resource  
and  
Activity packet  
Thursday  
(12-17-20)**

# 11. The Twelve Days of Christmas

On the \_\_\_\_\_ day of Christmas  
my true love sent to me...

A partridge in a pear tree.

2 Turtle Doves

3 French hens

4 calling birds

5 golden rings

6 gees a-laying

7 swans a-swimming

8 maids a-milking

9 ladies dancing

10 lords a-leaping

11 pipers piping

12 drummers drumming



# FROZEN YOGURT BARK

10 servings



Prep time: 10 minutes  
Freezer time: 24 hours

Make-over snack time with this delicious yogurt bark! The Greek yogurt provides extra protein to keep you satisfied. Make ahead and freeze a batch for times when you need a quick after-school snack.

## Ingredients

### Yogurt Bark

2 cups Greek yogurt

2 tbsp honey

1 tbsp cranberries

### Toppings

5 fresh strawberries,  
chopped

1 tbsp dark chocolate chips

1 tsp shredded coconut

## Instructions

1. Mix the yogurt and honey together until well combined. Add the cranberries and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread the mixture until it is about 1 cm thick.
3. Sprinkle the strawberries, chocolate chips and shredded coconut on top of the yogurt mixture and place in the freezer for 24 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags or containers.



### TIPS FOR KIDS IN THE KITCHEN



Involve your kids by having them mix the yogurt and choose their favourite toppings to sprinkle on top of the bark. For a chocolatey treat, try adding 2 tbsp of unsweetened cocoa powder to the yogurt mixture.

# Outdoor Portable Play Equipment in the time of Covid-19



## Motor Skills

- Stepping stones, balance beams
- Targets or baskets
- Parachute (large)
- Balls with different colors, textures, and sizes
- Washable soft balls
- Push Toys
- Scoops and/Balance boards
- Ride-ons and Trikes
- Scooter boards
- Swing cards
- Bouncing toys
- Rody/Hippy hops
- Mini trampolines

## Health-Related Fitness Components

- Music
- Cones, hoops, tiles and poly spots
- Poles and cones
- Ribbon Wands (individual or classroom)
- Ride-ons and Trikes
- Scooter boards
- Swing cards
- Washable scarves or ribbon wands (individual or classroom)
- Dirt and mud toys (individual or classroom)
- Rattles (individual or classroom)
- Small slides
- Washable sacks
- Bubbles and bubble machine
- Yoga and physical activity cards
- Loose Parts
- Equipment storage container (individual or classroom)

## Tips for using traditional portable play equipment:

- Provide maximum individual participation.
- Modify equipment to balance success and challenge.
- Use novel types of equipment.
- Talk to the children about how to treat and use the equipment.
- Use music to encourage change in tempo, stop/go cues, and listen for directions.
- Allow children to self-select equipment.
- Teach and practice how to use equipment often.





## Keeping Portable Play Equipment Safe

- Limit the mixing of children (e.g., staggering outdoor learning times, keeping groups separate for outdoor learning times.)
- Toys and other items, including dramatic play items, that cannot be laundered or cleaned and sanitized/disinfected should not be used.
- Outdoor water play using sprinklers is considered similar to playground usage. However, water for outdoor play cannot be collected or recirculated and must drain quickly to avoid puddling.
- Clean and disinfect frequently touched surfaces, including surfaces on the playground or portable play equipment, throughout the day between different groups of children, and at the end of the day.
- Examples of frequently touched surfaces on the playground might be handlebars on riding, push or pull equipment, grab rails on climbing toys, raised edges on slides, swing chains, etc.
- Do not share equipment with other groups, unless they are cleaned and sanitized/disinfected between different groups of children.
- Water play and sensory play such as rice, beans, sand, or playdough activities are prohibited.
- Items that can't be cleaned, such as chalk, should be placed in separate containers labeled for each child or not used at all.
- Mouthed toys:
  - \* Use separate bins of toys/equipment for each infant or toddler as they tend to put toys in their mouths.
  - \* Toys that children have placed in their mouths or that are otherwise contaminated by oral secretions should be placed in a "used toys" bin when the child is finished playing with the toy, then cleaned and sanitized by running the items through a dishwasher that includes a sanitizing cycle OR by the following procedure:
    - 1) Scrub in warm, soapy water using a brush to reach into crevices.
    - 2) Rinse in clean water.
    - 3) Submerge or spray with either:
      - a bleach solution of 50-200 parts per million of chlorine and leave for at least two minutes.

**-OR-**

      - a food safe disinfectant solution that is effective against the COVID-19 virus following manufacturer's guidance on contact time.
    - 4) Let air dry.
  - \* Try to have enough equipment so that it can be rotated through cleanings.
- Plan activities that do not need close physical contact.
- Always wash hands upon returning to the classroom after outdoor time (from the CDC, NCDHHS, North Carolina Child Care Health and Safety Resource Center, and Washington DOH)
- Plan more outdoor activities.





## Here's How to Have Amazing Holiday Meals on a Budget

You don't want to miss out on a holiday tradition just to save a little money, but between all the gifts, parties, and meals, this time of the year can certainly be rough on your budget. The good news is that you can still

enjoy all the perks of the holidays without spending money you don't have. Here are some simple tips for having an amazing holiday meal without breaking the bank.

### 1. FIND OUT HOW MANY PEOPLE ARE COMING

Not knowing how many people will join you for your holiday meal can stretch your budget. Buying too much of even just a few items is wasteful—not only will you be spending money you don't need to, but a lot of that excess food will likely be thrown out at the end of the night. Your first step should be to find out exactly how many people are coming so you can figure out what you're making, scrap any unnecessary side dishes, and calculate a finalized budget.

### 2. STICK TO YOUR LIST

Once you have a list of everything you need, don't stray from it. There are a lot of impulse buys at your local supermarket and department store, but to stay on budget, you're going to need to ignore those. Even the small \$2 and \$3 items can add up, leaving you with less money on what you actually need.

### 3. BUY IN BULK AND CONSIDER GENERIC BRANDS

There are certain items you're going to need a lot of when preparing a big holiday meal. Butter, water, soda, sugar, salt, and plastic utensils are all things you can buy in bulk to save money, so get to your local warehouse club store and stock up on the essentials—plus, these are the types of items you can still use after the party if they're left over.

Another way to make sure you're staying within your budget is to buy generic versions of certain items. Drinks, paper plates, napkins, and other small items are all comparable to their name-brand counterparts, and they can save you a surprising amount of money along the way.

#### **4. COMPARE PRICES**

Once you have your list figured out, take a look at the prices for everything in your area and see which stores are a better bargain for you. A store you frequent often and where you're a loyalty club member may offer better deals than a place that's unfamiliar to you. And certain stores may offer things others don't, so don't be afraid to visit multiple locations if it makes sense for your budget.

#### **5. TAKE ADVANTAGE OF COUPONS AND PERKS**

Supermarkets always have plenty of great coupons around the holidays, so be sure to pick up your local store's flyer and get clipping. You also need to look into the perks you get for any customer loyalty cards you may have—as the holidays approach, many of these stores offer free turkeys for customers that have racked up enough points over the year. This would literally hand you your meal's most expensive item for nothing.

If you're not the type to pore over a supermarket flyer with a pair of scissors, see if your favorite store has an app you can download that allows you to scan the same exact coupons right from your phone or tablet.

#### **6. MAKE YOUR DESSERTS AT HOME**

Bakeries are always madhouses around the holidays, and you won't find many items on sale, especially during the busy season. To cut down on cost and to add enjoyment, you might want to think about baking your desserts from scratch for any big meal. Cookies and brownies are easy enough for a novice, and there are plenty of simple cakes and slow cooker recipes you can find as well.

And if you really want to save a little money, encourage some of your guests to bring a dessert. Homemade desserts from your friends' kitchens can put a more personal stamp on your party.